

NOVEMBER 2015



WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS

11 Longwell Avenue, Westminster MD 21157, 410-751-5501, www.westminstermd.gov

The Mission of the Westminster Family Center's Group Fitness Team: To provide a safe and enjoyable environment for people of all ages and fitness levels by providing a variety of aerobic, strength training, and mind body classes taught by Nationally Certified Instructors.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 6:45AM			<u>Power Yoga</u> JOE		<u>Cycle Strength-45</u> MISSIE ●		
6:00 – 7:00AM	<u>Total Body Blast</u> LISA F						
8:00 – 9:00AM						<u>Zumba/Hip Hop</u> ALTERNATE	
8:30 – 9:30AM	<u>Cardio Dance</u> ● DEE	<u>Easy Dance</u> DEE	<u>Cardio Dance</u> ● DEE		<u>Easy Dance</u> DEE		
9:00- 9:45AM				<u>Zumba-45</u> LISA L ●			
9:00 - 10:00AM		<u>Cycle</u> KAYE	<u>TABATA</u> ◆ Gabby Starts 11/11/15		<u>Cycle</u> STEPHANIE	<u>Instructors Choice</u> ALTERN	<u>Cycle</u> ALTER
9:30 - 10:00AM					<u>Jump Start Cardio-30</u> RACHEL ●		
9:45 – 11:00AM	<u>Hot Fusion</u> JILL		<u>Hot Fusion</u> JILL				
10:00 – 11:00AM	<u>Cycle-30</u> SHAREEN ●	<u>RIPT</u> STEPHANIE	<u>Kick,Core&More</u> RACHEL	<u>HIIT</u> STEPHANIE	<u>Muscle Pump-30</u> RACHEL ●	<u>Flow Yoga</u> ALTERNATE	
10:30AM	<u>Core-30</u> SHAREEN ●				<u>Flow Yoga-75</u> JOE ●		
11:00- 12:15PM		<u>Flow Yoga-75</u> SYEDA ●					
11:30 – 12:45 pm							
12:00 – 1:00PM		<u>Pick-Up Basketball</u>		<u>Pick-Up Basketball</u>			<u>Flow Yoga-75</u> ALTERN ●
12:10 to 12:50	<u>Express Yoga-40</u> SHAWN ●			<u>Express Yoga-40</u> SHAWN ●			
4:45 – 5:45PM		<u>Flow Yoga</u> ● JOE					
5:00 – 6:00PM	<u>Pick-Up Basketball</u>	<u>Kickboxing Bootcamp</u> JOSH		<u>Cardio Core</u> CHRIS			
6:00 – 7:00PM	<u>Total Body Blast</u> REBA	<u>Hot Fusion</u> JOE	<u>Core Yoga</u> BOB	<u>Vinyasa Flow-75</u> BOB ●			
		<u>Zumba</u> RHONDA	<u>Total Body Blast</u> CHRIS	<u>Zumba</u> RHONDA			
6:30 – 7:30PM	<u>Cycle</u> WENDY		<u>Cycle</u> KAYE	<u>Cycle</u> KAYE			
7:00 - 8:00PM	<u>ZUMBA</u> LISA L	<u>Rope Burn</u> STEPHANIE	<u>Zumba</u> PENNY	<u>RIPT</u> STEPHANIE			

12 years of age up to 14 years old can participate in class with a legal parent or guardian.

★ Indicates a new instructor, format and/or time

◆ Indicates a new class

● Indicates class length of 30, 40, 45 or 75 minutes

● Third Floor Studio

All classes are 60 minutes unless noted. Class descriptions on the back of the schedule.